

Our Lady Queen of Peace

Catholic Engineering College

Curriculum Overview

Year 8 Physical Education

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
Week 1 - 12	OAA & Team Building – Boys/girls (Team work, communication)	Map reading, tug of war & sack races, problem solving	Last lesson last sport questions (refer to teacher sheet)	Map reading, teamwork, orienteering, communication, symbols, problem solving	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Rugby – Boys (physical competence)	Tackling developed, rucking developed, defensive line developed, passing from the ruck developed, beating an opponent, passing down the line		Ruck, tight carry, gap discipline, offside, line pressure,	
	Badminton – Boys (confidence)	Rules and routines recap, serving developed, clear developed, drop shot developed, smash, doubles		Rally, Serve, backcourt, disguised serve, shot trajectory, partner work	
	Netball – Girls (physical competence)	Appropriate and effective passing, introduction to running footwork, dodging (sprint and double), shooting technique, positions, roles and responsibilities, rules – footwork, 3 seconds, contact, obstruction, offside, out of play. Tactics – positioning in the circle, order of play.		Landing foot, double dodge, attacking, defending, sprint dodge, free pass.	
	Gymnastics – (Creativity and Confidence)	Recap travelling and rolls, starting and finishing position balances, mini sequence, partner balances – support balance, counterbalance and counter tension, sequencing to include levels, Trampolining – basic shapes, twists and landings – seat and front.		Forward roll, body tension, sequencing, partner balance, counterbalance, counter tension.	

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Week 13 - 22	Basketball – boys (Resilience)	Rules recap and dribbling, passing and utilising space developed, shooting developed, lay ups developed, rebounds	Last lesson last sport questions (refer to teacher sheet)	Dribble low, wide stance, chest pass, travel, BEEF, jump and release	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – boys (Health and well-being)	Continuous, interval, core stability, agility and speed, boxing, circuits		Heart rate, abdominal muscles, co - ordination, working heart rate, aerobic, HIIT	
	Dance – girls (Creativity and Confidence)	Introduce cultural dance, beat, teacher led choreography, unison, cannon, group choreography, rhythm expression, theme		Beat, unison, choreography, cannon, expression, timing.	
	Hockey – girls (tactics and strategy)	Grip, dribbling, ball control, passing, shooting, tackling, reverse stick, rules, formations, set plays – hit out, corners, push back.		Split grip, dribble, push pass, hit/slap, high stick, out of bounds.	
Week 23 – 31	Hockey – boys (tactics and strategy)	Rules recap and dribbling developed, reverse stick, Indian dribble, jab/block tackle, 2v1s	Last lesson last sport questions (refer to teacher sheet)	Flat stick, free hit, jab tackle, hit pass, reverse stick, corner penalty	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Dance – boys (Creativity and Confidence)	Introduction to the Thriller/the beat, rhythm and expression developed, levels developed, cannon developed, mirroring developed, performance		Facial expressions, timing, confidence mirroring, levels, body shape	
	Football – girls (physical competence)	Dribbling, turning, ball control, passing, shooting, tackling, rules – out of play, kick off, goal kick, corner kick, attacking movement, defensive play, formations, set play.		Drag back, inside/outside hook, striking with laces, kick off, attacking, defending	
	Volleyball – girls (Resilience)	Dig, volley/set, serve – underarm, spike, scoring, basic rules – out of play, number of touches on the ball, formations and rotation.		Dig, volley, serve, spike, formation, rotation.	
Week 34 - 38	Athletics – boys (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 300m/baton exchange, 800m	Last lesson last sport questions (refer to teacher sheet)	Grip, stance, height, speed, transfer weight, reaction time	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Athletics – girls (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m ,800m, baton change.		Grip, stance, height, power, sequence, technique.	

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Week 40 – 44	Cricket – boys (Leadership and responsibility)	Rules recap, throwing catching developed, bowling developed, long barrier/backing up, shot selection	Last lesson last sport questions (refer to teacher sheet)	Over, wickets, fielder, bowling, boundary, long barrier	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Softball – boys (Leadership and responsibility)	Rules recap, throwing catching developed, bowling developed, long barrier/backing up, shot selection		Home run, strike, no ball, pitcher, backing up, body shape	
	Rounders – girls (Leadership and responsibility)	Underarm/overarm throwing, catching, bowling, batting, fielding, rules – scoring, obstruction, bowlers ball, backward hit, tactics – backing players up		Bowler, back stop, deep fielder, bowlers ball, long barrier, half rounder/full rounder.	
	Cricket – girls (physical competence)	Batting, bowling (introduce overarm), no ball, throwing, catching fielding, scoring – 1/4/6, outs.		Wickets, an over, boundary, crease, long barrier, no ball.	
Week 45 – 47	Trampolining – boys (Creativity and Confidence)	Safety and control developed, turning developed, shapes developed, seat drop developed, front drop developed, performance	Last lesson last sport questions (refer to teacher sheet)	Safety, turning, landing, straight jump, tuck, pike	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – girls (Health and well-being)	Continuous, circuit, interval.		Immediate effects of exercise, heart rate, breathing rate. Reps, sets, muscle groups.	

Key Assessments

When	What will be assessed?	Why is this being assessed?	How will results be stored & students receive feedback?
Half term 3	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.
Half term 6	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.